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PUBLIC INFORMATION STATEMENT  
NATIONAL WEATHER SERVICE PORTLAND OR  
400 AM PDT MON OCT 4 2004

...THE WEEK OF OCTOBER 3-9 IS WINTER WEATHER AWARENESS WEEK  
IN IDAHO...OREGON...AND WASHINGTON...

EXPOSURE TO COLD CAN CAUSE FROSTBITE OR HYPOTHERMIA AND  
BECOME LIFE-THREATENING. INFANTS AND THE ELDERLY ARE THE  
MOST SUSCEPTIBLE. WHEN A WINTER STORM APPROACHES...STAY  
INSIDE. WHEN USING ALTERNATE HEAT FROM A FIREPLACE...WOOD  
STOVE OR SPACE HEATER...USE FIRE SAFEGUARDS AND PROPERLY  
VENTILATE. CLOSE OFF UNNEEDED ROOMS IN THE BUILDING. STUFF  
TOWELS OR RAGS IN CRACKS UNDER DOORS. COVER WINDOWS AT  
NIGHT.

EAT AND DRINK SUFFICIENTLY. FOOD PROVIDES THE BODY WITH  
ENERGY FOR PRODUCING ITS OWN HEAT. KEEP THE BODY  
REPLENISHED WITH FLUIDS TO PREVENT DEHYDRATION. WEAR  
LAYERS OF LOOSE-FITTING...LIGHTWEIGHT WARM CLOTHING. REMOVE  
LAYERS TO AVOID OVERHEATING...PERSPIRATION AND SUBSEQUENT  
CHILL. MAKE SURE PETS HAVE PLENTY OF FOOD...WATER AND  
SHELTER.

IF CAUGHT OUTSIDE DURING A WINTER STORM...FIND SHELTER  
IMMEDIATELY. TRY TO STAY DRY AND COVER ALL EXPOSED BODY  
PARTS. IF NO SHELTER IS AVAILABLE...BUILD A LEAN-TO...WINDBREAK  
OR SNOW CAVE FOR PROTECTION FROM WIND. BUILD A FIRE FOR HEAT  
AND TO ATTRACT ATTENTION. PLACE ROCKS AROUND THE FIRE TO  
ABSORB AND REFLECT HEAT. MELT SNOW FOR DRINKING WATER.  
EATING SNOW WILL LOWER YOUR BODY TEMPERATURE.

THE BEST WAY TO PREVENT BECOMING STUCK IN A VEHICLE DURING A  
WINTER STORM IS TO AVOID TRAVEL ALL TOGETHER. THIS CAN BE  
DONE BY STAYING INFORMED ABOUT THE CURRENT WEATHER AND  
ROAD CONDITIONS AS WELL AS THE LATEST WEATHER FORECASTS BY  
LISTENING TO NOAA WEATHER RADIO OR YOUR FAVORITE MEDIA  
SOURCE. IF YOU MUST TRAVEL...LET SOMEONE KNOW OF YOUR  
TRAVEL PLANS.

INFORMATION ON ROAD CONDITIONS CAN BE OBTAINED BY DIALING  
THE FOLLOWING TOLL-FREE TELEPHONE NUMBERS.

IDAHO	1-888-432-7623
OREGON	1-800-977-6368
WASHINGTON	1-800-695-7623

A WELL-EQUIPPED VEHICLE HAS ADEQUATE TIRES...TIRE CHAINS...TOW ROPES...SAND OR CAT LITTER FOR TRACTION...SHOVEL...TOOL KIT...WINDSHIELD SCRAPER AND BRUSH...BATTERY CABLES...FIRST AID KIT...FLASHLIGHT...EXTRA BATTERIES...BLANKETS OR SLEEPING BAGS...EXTRA CLOTHING...CANDLES...WATER-PROOF MATCHES...HIGH CALORIE PACKAGED FOOD FOR QUICK ENERGY...AND AN EMPTY CAN TO MELT SNOW FOR DRINKING.

IF YOU SHOULD BECOME STRANDED DURING A WINTER STORM...STAY WITH YOUR VEHICLE AND DO NOT PANIC. IF ACCOMPANIED BY OTHERS...TAKE TURNS SLEEPING. RUN THE MOTOR EVERY HOUR FOR ABOUT TEN MINUTES TO MAINTAIN WARMTH...BUT KEEP WINDOWS OPEN A LITTLE TO PREVENT THE BUILDUP OF CARBON MONOXIDE. MAKE SURE THE EXHAUST PIPE IS NOT BLOCKED. KEEP THE CAR VISIBLE WITH A BRIGHTLY COLORED CLOTH TIED TO THE ANTENNA. EXERCISE PERIODICALLY BY VIGOROUSLY MOVING ARMS...LEGS...TOES AND FINGERS.

IN THE MOUNTAINS...AVALANCHES BECOME A POSSIBILITY IN THE WINTER...ESPECIALLY BELOW STEEP SLOPES. AVALANCHES OCCASIONALLY COME DOWN ACROSS ROADS...WITH LITTLE OR NO WARNING. CAUTION IS ADVISED WHEN TRAVELING ALONG AVALANCHE PRONE ROADS...ESPECIALLY AFTER HEAVY SNOW HAS FALLEN OR DURING PERIODS OF RAPID SNOWMELT.

ROADS WHICH APPEAR TO BE CLEAR IN THE WINTERTIME MAY ACTUALLY BE COATED WITH A THIN LAYER OF ICE...COMMONLY KNOWN AS BLACK ICE. THIS NEARLY INVISIBLE ICE LAYER CAN CAUSE YOU TO RAPIDLY LOSE CONTROL OF YOUR VEHICLE. BLACK ICE IS MOST COMMON DURING THE NIGHTTIME HOURS. IF YOU DETECT BLACK ICE...YOU SHOULD REDUCE YOUR SPEED.

WIND CHILL...IS NOT THE ACTUAL TEMPERATURE BUT RATHER HOW WIND AND COLD FEEL ON EXPOSED SKIN. AS THE WIND INCREASES...HEAT IS CARRIED AWAY FROM THE BODY AT AN ACCELERATED RATE...DRIVING DOWN BODY TEMPERATURE. ANIMALS ARE ALSO AFFECTED BY WIND CHILL...HOWEVER...CARS...PLANTS AND OTHER OBJECTS ARE NOT.

FROSTBITE...IS DAMAGE TO BODY TISSUE CAUSED BY EXTREME COLD. A WIND CHILL OF -20 DEGREES FAHRENHEIT WILL CAUSE FROSTBITE IN JUST 30 MINUTES. FROSTBITE CAUSES A LOSS OF FEELING AND A

WHITE OR PALE APPEARANCE IN EXTREMITIES SUCH AS FINGERS...TOES...EAR LOBES OR THE TIP OF THE NOSE. IF SYMPTOMS ARE DETECTED...GET MEDICAL HELP IMMEDIATELY. IF YOU MUST WAIT FOR HELP...SLOWLY REWARM AFFECTED AREAS. HOWEVER...IF THE PERSON IS ALSO SHOWING SIGNS OF HYPOTHERMIA...WARM THE BODY CORE BEFORE THE EXTREMITIES.

HYPOTHERMIA...IS A CONDITION BROUGHT ON WHEN THE BODY TEMPERATURE DROPS TO LESS THAN 95 DEGREES FAHRENHEIT. IT CAN KILL. FOR THOSE WHO SURVIVE...THERE ARE LIKELY TO BE LASTING KIDNEY...LIVER...AND PANCREAS PROBLEMS. WARNING SIGNS INCLUDE UNCONTROLLABLE SHIVERING...MEMORY LOSS...DISORIENTATION...INCOHERENCE...SLURRED SPEECH...DROWSINESS AND APPARENT EXHAUSTION. TAKE THE PERSONS TEMPERATURE. IF BELOW 95 DEGREES FAHRENHEIT...SEEK MEDICAL CARE IMMEDIATELY.

THIS MESSAGE IS BROUGHT TO YOU BY YOUR LOCAL NATIONAL WEATHER SERVICE STAFF AND YOUR LOCAL AND STATE EMERGENCY MANAGEMENT OFFICIALS.